

# Kitchen Safety

**Careless cooking is the number one cause of residential fires.  
Never leave cooking unattended.**

- ◆ Keep children a safe distance from hot liquids.
- ◆ Always use potholders.
- ◆ Hot grease causes severe burns – avoid using deep fat fryers around children.
- ◆ Clean the exhaust hood and duct over the stove regularly and wipe up spilled grease as soon as the surface of the stove is cool.
- ◆ It's wise to have a fire extinguisher near the kitchen. Keep it 10 feet away from the stove on the exit side of the kitchen.
- ◆ Never pour water on a grease fire; turn off the stove and cover the pan with a lid, or close the oven door.
- ◆ Keep pot handles on the stove pointing to the back, and always watch young children in the kitchen.
- ◆ Don't store items on the stovetop, as they could catch fire.
- ◆ Keep kitchen appliances clean and in good condition.
- ◆ Follow instructions carefully when using microwave ovens.
- ◆ Be sure your stove is not located under a window where curtains are hanging.
- ◆ Wear short sleeves or fleece clothing when cooking.
- ◆ If your clothing should catch fire, immediately **STOP, DROP** and **ROLL** to smother flames.
- ◆ Scalds and burn injuries are on the increase. The highest risks are the very young and the elderly.



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